Dr. McDougall

BAJA WHITE BEAN STEW
(Mary McDougall)

Ingredients:

1 1/2 Cups Vegetable broth
1 Onion, chopped
2 Cloves Garlic, minced
1 Cup Corn kernels
3-15 Ounce Cans Cannellini beans, drained and rinsed
2 Cups Fresh tomatoes, chopped
4 Ounce Can Chopped green chilies
1 Tsp Chili powder
1/2 Tsp Cumin
1/4 Tsp Smoked paprika
1/8 Tsp Crushed red pepper
3 Cups Kale, chard, or spinach, chopped
Hot sauce to taste

Directions:

1) Place 1/2 cup of the broth in a large pot. Add onion and garlic. Cook, stirring occasionally, for 10 minutes, until onion is soft. Add remaining broth, corn, beans, tomatoes, chilies, and seasonings. Mix well. Bring to a boil, cover partially and simmer over low heat for 15 minutes, stirring occasionally. Add greens and cook for an additional 10 minutes (only 3 minutes for spinach). Season with hot sauce to taste.

2) Serve over baked or roasted potatoes, whole grains, or rolled up in a tortilla. This is also wonderful served in a bowl with some fresh bread on the side.

NOTES: When fresh corn is in season, slice the kernels off 1 or 2 ears to use in this recipe. To use frozen corn, thaw first under cold running water (place in a strainer and hold under the water for about a minute). Bottled minced garlic may be used; you'll need about 1½ teaspoons. Smoked paprika is available in most natural food stores. It adds a delicious flavor to this dish. If you cannot find it, leave it out or use regular paprika instead. Any leafy green is delicious in this recipe. Adjust the cooking times according to the greens.



John A. McDougall, MD and his wife Mary McDougall are true plant-based heroes. Dr. McDougall's 12-day program has been offered for more than 35 years and has given countless people a new plant-based lease on life.

Dr. McDougall wrote more than a dozen books, most containing recipes written by Mary McDougall. You can find many of these recipes at drmcdougall.com.

Dr. McDougall passed away in June 2024, and he will be sorely missed. Before his death, Dr. McDougall become increasingly concerned with planetary health and did much to spread the word about the diet-planet connection.To learn more, visit mcdougallfoundation.org.